

Curricula Recommendations

This is a curated list consisting of a wide variety of garden-based curricula for schools, community based organizations, and LEAs to consider when implementing a school garden program. While the curricula listed have not been formally vetted, the School Gardens Program has identified these curricula to be of high quality with most being aligned to either Common Core Standards or Next Generation Science Standards. If you would like to recommend a document to include in this resource, please email [Sam Ullery](mailto:Sam.Ullery@ucdavis.edu).

The following links to external databases may be helpful with finding additional garden-based curricula not listed below:

[The California Collective School Garden Network](#)

[The Edible Schoolyard Project](#)

Audience	Curriculum Description	Subject	Cost/ No Cost
K-4	Botany on Your Plate Introduces the world of plants through foods we eat. Children explore edible roots, stems, leaves, flowers, fruits, and seeds through observation, dissection, journaling, discussion of findings, and, of course, tasting! Supports standards in nutrition, math, language arts, and social studies. Every lesson includes plant snacks that spark curiosity, interesting questions, and social dialogue to fuel the learning process.	nutrition math ELA social studies	Cost
9-12	Composting in the Classroom Provides high school science teachers with the background needed to engage students in research focusing on composting. Includes ideas that students could develop into exploratory and controlled experimental research and technological design projects.	STEM	No Cost
K-12	Dig Art! Cultivating Creativity in the Garden For educators working with youth that integrates gardening with the arts. The arts activities in this guide will help to teach ecological literacy and inspire new enthusiasm for garden-based learning. Dig Art! supports youth to creatively express themselves and their garden experiences through creative projects.	art health	No Cost
5-6	Dig In! Standards-Based Nutrition Education from the Ground Up Explore a world of possibilities in the garden and on your plate using ten inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables. More information is also available at Dig In! At Home Parent Booklet and Dig In! Posters.	nutrition	No Cost
1-6	Five Minute Field Trips These are the “classics” of environmental education, over 30 activities ranging from just 5 minutes to an hour. These activities are easily adapted to be most relevant to students.	environment	No Cost
5-12	French Fries and the Food System Provides kids from varied backgrounds a fertile environment to develop an appreciation for the links between farming and food systems. Seasonal lessons range from practical,	science social studies	Cost

	hands-on activities to social and economic aspects of the food cycle. The lessons and activities are organized by seasons. This book is an excellent resource for classroom and community educators!		
3-4	The Great Garden Detective Adventure : Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. This eleven-lesson curriculum for grades 3-4 includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.	nutrition	No Cost
Pre-K to12	Green Schoolyards America Activity Guides Are you looking for ideas about how to bring students outside at school? The free, downloadable Activity Guides including Living Schoolyard Activity Guide - California Edition, Midwest Edition, and the International School Grounds Month Activity Guide include 147 hands-on activities written by 123 organizations. They include activities that are directly tied to age appropriate curricula, as well as ideas to enliven recess and increase community engagement.	art recreation health envrionment nutrition science	No Cost
2-6	The Growing Classroom Contains 480 pages of science, math, language arts, and nutrition activities that you can do with your students in the garden. A <u>searchable online database</u> cross-maps each activity to Next Generation Science and Common Core Math and English Language Arts Standards. Lesson topics include soil, plants, cycles, ecology, weather, nutrition, and food systems. Also includes team-building and sensory exploration activities, organic gardening skills, and information on how to create and sustain a successful school garden program.	science nutrition ELA math	Cost
1-5	Growing Healthy Habits Curriculum This curriculum contains nine chapters for teaching and demonstrating nutrition education to youth. It includes garden-based lessons and be used effectively without a garden.	ELA science health	No Cost
4-8	LiFE Series Curriculum Set This set of three inquiry-based curricula engages students in hands-on investigations of our complex food system and how to use scientific evidence to make healthy food and activity choices. Growing Food; Farm to Table & Beyond; and Choice, Control & Change were developed by educators at Teachers College Columbia University, and are based on years of research. Although the modules are ideally used in consecutive years, each is a strong, stand-alone curriculum.	science	Cost
K-8	Math in the Garden Uses a mathematical lens to take children on an education-filled exploration of the garden. Dozens of hands-on activities hone math skills and promote inquiry, language arts, and nutrition. All	math	Cost

	were developed to support mathematics and science standards and were extensively trial-tested by educators and youth leaders nationwide.		
6-8	Nourish Middle School Curriculum Guide Offers a rich set of resources to open a meaningful conversation about food and sustainability. Beautifully designed and brimming with big ideas, the materials contain a viewing guide, six learning activities, action projects, student handouts, bibliography, and glossary.	science health ELA	Cost
PreK	Our First Harvest : A bilingual year-round garden-based early childhood curriculum consisting of 30 lessons plus all kinds of resources and helpful hints. Fun and playful, this book is designed to work for learning centers just starting to explore gardening to schools with established green spaces.	nutrition	Cost
K-8	Plant It, Grow It, Eat It!: Healthy Habits Take Root This resource will help students plant and tend their own fruit and vegetable garden. Raise students' awareness of where foods come from, and increase preferences for fruits and vegetables.	nutrition	No Cost
K-8	PLT curriculum resources in the classrooms helps today's educators teach tomorrow's decision makers about the environment. The goal is to teach students how to think, not what to think about the environment. Contact Grace Manubay at grace.manubay@dc.gov for information on professional development (PD)	science social studies environment	No Cost w/PD
K-8	Restoring Our Own Trees Through Service Provide teachers and students with methods to connect with their schoolyard environment. ROOTS utilizes familiar academic disciplines, such as math, reading, and science, to encourage teachers and students to use their backyard forest as their outdoor classroom.	science math	No Cost
K-12	Slow Food USA School Garden Curriculum . Slow Food USA is currently developing their Good, Clean and Fair School Garden Curriculum. "Good" means enjoying the pleasures of healthy and delicious food, "Clean" is gardening for sustainability, and "Fair" indicates producing food that respects economic and social justice. The Good and Clean curriculums are now available.	nutrition	No Cost
9-12	FoodSpan provides high school students with a deep understanding of critical food system issues, empowers them to make healthy and responsible food choices, and encourages them to become advocates for food system change.	nutrition environment	No Cost